



A MINUTE OF HEALTH WITH CDC

Driving After Dark

Graduated Driver Licensing Night Driving Restrictions and Drivers Aged 16 or 17 Years Involved in Fatal Night Crashes — United States, 2009–2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

The risk for a motor-vehicle crash increases substantially after dark, particularly among young drivers. Nearly one in three fatal crashes involving 16- and 17-year-old drivers happen between 9 PM and 6 AM. Having little driving experience only makes navigating at night more difficult. Most states limit nighttime hours when a newly licensed teen can drive without supervision.

Parents—Ensure that teens gets plenty of nighttime driving experience with an adult, and enforce nighttime driving restrictions when they drive independently.

Thank you for joining us on a Minute of Health with CDC.

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